

## ABSTRACT OF THE DISCLOSURE

There is provided an electro-therapeutic device having first and second electrodes or probes for making electrical contact to the body of an individual. The device has voltage supplying means for supplying an alternating output voltage across the electrodes to pass an alternating current through the body of the individual, and the voltage supply means are adapted for controlling the frequency of the output voltage so that the output voltage frequency is automatically changing in time between a low frequency and a high frequency. The voltage supply means may be adapted for controlling the frequency of the output voltage so that the output voltage frequency is changing between a low frequency and a high frequency at regular time intervals. There is further provided a method of applying an electrical stimulation signal to the body of an individual, where the method comprises providing an electrical stimulation signal with an electrical current having an AC component, where the AC component is changing in time between a low frequency and a high frequency with said high frequency being higher than said low frequency. The electrical stimulation signal is applied to a selected point of contact on the body of the individual in a manner to pass the electrical current through the selected point of contact on the body.